

User Manual



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Red Light Therapy Family!

We are excited to have you join us, and we can't wait to see how you benefit from the power of Red & Near Infrared Light Therapy.

Red light cap use the same technology as our other red light therapy device. It delivers irradiance at both 660nm (visible red light), 850nm (non-visible near infrared light), or a combination of both. These light wavelengths have been scientifically proven to provide therapeutic effects.

What is Red light Therapy?

Red Light Therapy is a process of emitting light wavelengths through the skin to stimulate your bodies natural healing and regeneration processes.

Benefit of Red Light Therapy



STIMULATE HAIR GROWTH

- Stimulates stem cells in the hair follicle to encourage active growth

REDUCE RECOVER TIME

- Accelerates muscle repair
- Stimulates mitochondria and stem cells for faster recovery

IMPROVED SKIN HEALTH

- Generates production of collagen
- Increased tissue repair
- Reduction in appearance of fine lines, wrinkles, and scars

REDUCE INFLAMMATION

- Soothes sore muscles, joint
- Eases symptoms associated with autoimmune diseases
- Spinal cord and traumatic brain injuries

PROMOTE CELLUAR HEALTH

- Stimulates collagen production
- Strengthens hair and improves skin elasticity
- Promotes connective tissue health

INCREASE FERTILITY

- Increases testosterone production
- May stimulate the brain's pineal gland

IMPROVE CIRCULATION

- Dilates blood vessels for increased flow
- Protects red blood cells and platelets.

REDUCE PAIN

- Eases joint stiffness and soreness
- Diminishes inflammation
- Reduces muscle spasms and increases blood flow

How Does it Work?

When delivered within the optimal wavelengths and energy levels, red and near infrared light protect your body's cells from nitric oxide damage, which can otherwise stop the cell's production of ATP when you're stressed or ill. Red light photons allow your cells to continue utilizing oxygen effectively by minimizing the absorption of nitric oxide. Only red light therapy can reach all the way into a cell's mitochondria to stimulate healing and regeneration to help improve your appearance, performance, and overall well-being. generation to help improve your appearance, performance, and overall well-being.

User Guide

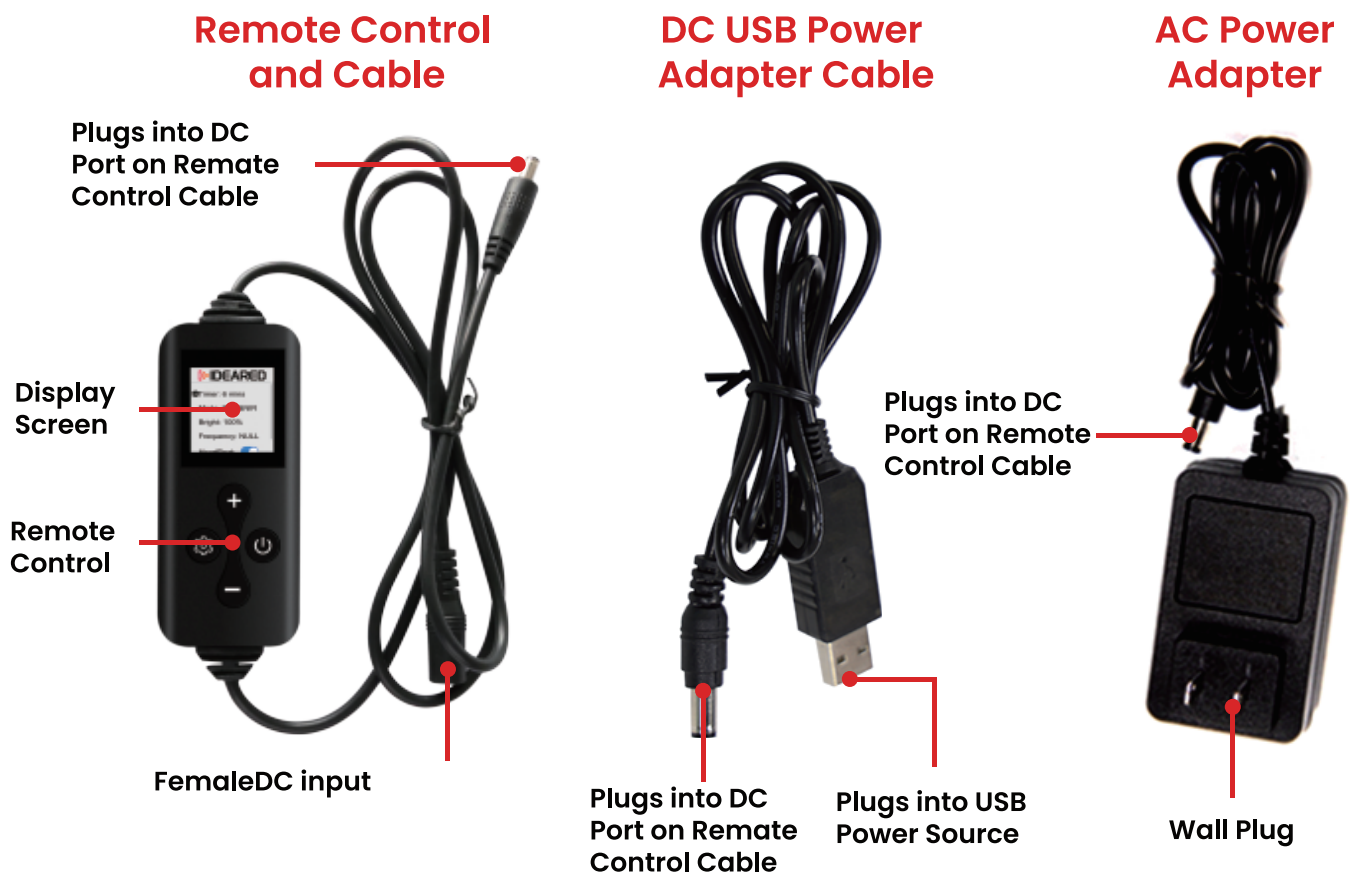
Noted: Read this before you start, for best results and safe use , please follow below steps before beginning use the device.



Product Name	Red Light Cap
Product dimension	8.66inch
Net weight	0.15kg
LED Qty	150pcs*1w (850nm/660nm/850nm) led chips
nput voltage	100V~240V
Mode	Only 660nm; Only 850nm; Both 660nm and 8
Power Supply	12V 2A
Timer	Always on, 5/10/15/20/25/30 minutes
Power	22W

What are included

1 pcs red light cap	1 pcs power cord	1 pcs user manual
1 pcs controller	1 pcs 5V to 12V USB adapter cable	



Step1:

- ① Connect the remote control cable to the DC power port exiting the redlight hat.
- ② Connect the power adapter to the female DC input at the end of the remote control cable.
- ③ Plug the power adapter into a wall outlet or connect the power bank (5v external battery) through the USB power adaptor cable.

Support two ways to use

The red light cap can be plugged directly into the power supply or plugged into a power bank for use.

1 DC Charging

Input Voltage: AC 100-240V, 50/60Hz



1 Power Bank Cord

Input Voltage: DC 12V. With Power Bank Cord, you can connect with any power bank (not included) which is DC 12V, and put the power bank to the bag.



Remote Control Operating Instructions

Step 1: Remote control operation

1 Display Screen:

Displays all features of the device including timer, mode, brightness, frequency and breathing.

2 Set Button:

- ▶ The Settings key is used to toggle between functions such as Timer, Mode, Brightness, Frequency and Breathing.

3 and 4 : "+"-"button

- ▶ Used to adjust the currently selected device settings. When "Timed" is selected, they will adjust the session time in 1-30 minute intervals.
- ▶ If the mode function is selected, they switch between red and near-infrared, red light itself and near-infrared itself.
- ▶ If the brightness function is selected, they will adjust the brightness of the lights from 0-100%.
- ▶ If the frequency function is selected, they will adjust the frequency from 0-1000hz.
- ▶ If the breathing function is selected, it is toggled between on and off.

5 Power button:

- ▶ If the power key is selected, it toggles between on and off.



Step 2: Recommend use time

we recommend a maximum of 20-30 mins for one time.

Intensity Options

Five different intensity settings allow you to choose the right setting for your particular need. Each of the five settings offers a different power (in Watts) to help reduce inflammation, increase blood flow, relieve pain, and lose fat.



INTENSITY LEVEL	150Pcs POWER (WATTS)
20%	4.9W
40%	9.6W
60%	14.5W
80%	19.4W
100%	24.5W

Recommend Use method:

How often should I use my device?

Consistency is key. We recommend using it once a day or every other day. 2-7times each week.

Note: Listen to your body as everybody is different. We like to think of it as exercise. If your body feels tired, take a rest day between sessions.

Important Safety Information:

- 1 Never use the product under a blanket or pillow. Excessive heat can potentially cause fire, electrocution, or injury to people or property.
- 2 Keep the product , remote control, and power cables away from heat sources and fire.
- 3 The device is not waterproof. Keep away from liquids. Do not immerse in water.
- 4 Never use the device or plug/unplug the power cables with wet hands.
- 5 Always power off the device after each use.

Customer Service

We are committed to provide the best customer service to If you are withany doubts when you are using the Red light therapy hat that the user manual doesn'tsay .Do not hesitate to contact with us by send us an email .

Frequently Asked Questions

1. Why does it look like half the lights aren't working?

The human eye can only see wavelengths of light up to 760 nm on average. We use a wavelength of 850 nm for the near infrared LEDs making them invisible to the naked human eye.

2. What is the difference between red and near infrared wavelengths?

Both red light at 660 nm and near infrared light at 850 nm have been proven to enhance cellular function. The main difference is that red light is readily absorbed by skin tissue, leading to improved skin health and collagen production. Near infrared light at 850 nm is invisible to the human eye and penetrates into deeper tissue, leading to benefits like increased muscle recovery and reduced joint pain. Hair regrowth.

3. Is this product safe?

Red light therapy is safe and has been clinically proven for the treatment of a variety of skin and pain management issues and benefit for hair growth.

4. How soon can I expect results?

The cellular benefits provided by the wavelengths in our products have been proven in many studies. Red and near infrared light are energy for your cells. Exposing your body to this light enhances your cells to function at a higher level. The human body is complex yet amazing! It is hard to predict the way your body will respond to photobio modulation and how quickly you will see results. Your cells will decide what healing needs to take place first.

